

APPENDIX 1

Progress Update – Review of Mental Health and Wellbeing including Suicide and Self Harm

SCRUTINY MONITORING – PROGRESS UPDATE	
Review:	Mental Health and Wellbeing including Suicide and Self Harm
Link Officer/s:	Jane Smith
Action Plan Agreed:	September 2018

Updates on the progress of actions in relation to agreed recommendations from previous scrutiny reviews are required approximately 12 months after the relevant Select Committee has agreed the Action Plan. Progress updates must be detailed, evidencing what has taken place regarding each recommendation – a grade assessing progress should then be given (see end of document for grading explanation).

SBC

Recommendation 1:	Lobby government for increased mental health funding as a percentage of the total NHS budget, with more targeted towards universal services and lower-level support.
Responsibility:	SBC
Date:	October 2018
Agreed Action:	Letter to be sent from the Leader of the Council to Department of Health to reinforce the importance of increased funding for mental health services with increased emphasis on primary and secondary prevention.
Agreed Success Measure:	Letter sent and response received.
Evidence of Progress (September 2019):	Letter to be drafted by Integrated Mental Health steering group for approval by the Leader’s office.
Assessment of Progress(September 2019): <small>(include explanation if required)</small>	3 - Slipped
Evidence of Progress (January 2021):	<p>Following on from the development of the Committee’s recommendations, the NHS 5 year forward plan was published which set out the national commitment to expand children and young people’s mental health service provision and ensure that funding for children and young people’s mental health services grows faster than both overall NHS funding and mental health spending between 2019/20 and 2023/4.</p> <p>In January 2020, the Children’s Commissioner published a report ‘The State of Children’s Mental Health Services’ which rated our local children and young people’s services as the best in the country and recognised that CCGs working</p>

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	<p>across Tees have protected the budgets for these services more than any other area of the country.</p>  <p>CCG Local CYP MH service spend.pptx</p> <p>Given this significant change in Government policy direction and the work undertaken locally to protect service budgets, it is proposed that the action against this recommendation is no longer appropriate.</p>
<p>Assessment of Progress (January 2021): (include explanation if required)</p>	4-Not achieved
<p>Evidence of Impact (January 2021):</p>	

Recommendation 2:	Adopt the Prevention Concordat for Better Mental Health, and encourage other local stakeholder organisations to also commit to this.
Responsibility:	SBC Public Health
Date:	July 2019
Agreed Action:	<p>Review of the Concordat to ensure the Council meets its principles.</p> <p>Report to be presented to CMT in January / February 2019.</p>
	Consideration to be given to placing the concordat as an item for discussion at a future Health and Wellbeing Board.
Agreed Success Measure:	<p>The principles of the prevention concordat are adopted by SBC.</p> <p>Discussion held at Health and Wellbeing Board.</p>

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<p>Evidence of Progress (September 2019):</p>	<p>Since September 2018, Stockton's Health and Wellbeing Board has provided leadership to further developmental activity on children and young people's emotional health and wellbeing. This has resulted in the development of a compact between SBC, HaST CCG, North Tees and Hartlepool Foundation Trust, Tees and Esk Wear Valley Trust, Harrogate and District Foundation Trust, Hartlepool Borough Council and Catalyst which incorporates the principles of the prevention concordat including a focus on prevention of mental health problems and on promoting good mental health, shifting resources towards prevention based interventions, working collaboratively across organisational boundaries and disciplines, and building capacity and capability within the workforce to promote good mental health and identify mental health problems as early as possible.</p> <p>A report detailing progress with the compact will be presented to Health and Wellbeing Board in September 2019.</p>
<p>Assessment of Progress (September 2019): (include explanation if required)</p>	<p>2- On track</p>
<p>Evidence of Progress (January 2021):</p>	<p>A report detailing the development of a compact which incorporates the principles of the prevention concordat for better mental health was endorsed by the Health and Wellbeing Board on 18th September 2019. Members of the Board agreed that the principles are to be adopted as the way of working for all children and young people's service development/commissioning when there is more than one strategic partner involved.</p> <p>The Board also agreed to provide oversight /governance of the integrated way of working and act as a point of escalation/resolution, when required.</p> <div style="text-align: center;">   </div> <p>Health and Wellbeing Board - Report on Co-Producing Outcomes for Children</p>
<p>Assessment of Progress (January 2021): (include explanation if required)</p>	<p>1-Fully Achieved</p>
<p>Evidence of Impact (January 2021):</p>	<p>Improved coordination of resources across the children's commissioning system. The principles of the compact were utilised when working to develop an integrated COVID mental health offer for children and young people across the Local Authority, CCG, TEWV and the VCSE sector. This offer has provided school based 1:1 and group support for those whose mental health had been impacted by COVID.</p>

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Health and Wellbeing

Recommendation 6:	HaST CCG and Public Health use existing communication channels (e.g. Time Out sessions) to increase GP practice staff awareness of local mental health services in addition to those offered by TEWV CAMHS.
Responsibility:	HaST CCG, SBC Public Health
Date:	July 2019
Agreed Action:	HaST CCG and SBC Public Health to deliver 1 Time Out session for GP practice staff. HaST CCG and SBC Public Health to ensure that service information is recirculated to all GP practices including a link to Stockton Information Directory.
Agreed Success Measure:	Time Out session delivered with positive feedback received.
Evidence of Progress (September 2019):	Time out session has been requested to update practice staff on local mental health services. Service information and details of the Stockton Information Directory have been circulated to all GP practices.
Assessment of Progress (September 2019): (include explanation if required)	2 – On track
Evidence of Progress (January 2021):	Virtual time out sessions were held for GP practice staff during March to June 2020 to raise awareness of children and young people's mental health and wellbeing services in addition to those offered through TEWV CAMHS. The GP led young people's mental health service, Footsteps, has also contacted GP practices directly to raise awareness of its offer and referral routes. A digital campaign to promote use of the digital self help resource for young people, Kooth, has been undertaken and refreshed throughout 2020. Service information is refreshed and continues to be circulated by CCG and SBC to all GP practices on a regular basis and as and when service changes occur.
Assessment of Progress (January 2021): (include explanation if required)	1-Fully Achieved
Evidence of Impact (January 2021):	Increase in referrals to the GP led Footsteps clinic. Uptake of self help resources including digital provision (eg Kooth online service for children and young people).

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Recommendation 7:	HaST CCG provide an update to the People Select Committee on the progress, and any subsequent outcomes, of the CAMHS service review to enable the impact on wider children and young people's services to be understood.
Responsibility:	HaST CCG
Date:	March 2019
Agreed Action:	An update report to be requested from HAST CCG.
Agreed Success Measure:	Update is received by People Select Committee. Outcome of CAMHS service review is reported.
Evidence of Progress (September 2019):	A review of core CAMHS was undertaken but it became apparent that reviewing specialist services in isolation did not give the whole picture of the current CYP Mental Health Pathways. There was an understanding that to enable system transformation, wider work needed to be undertaken. Therefore to a degree the CAMHS review has been superseded by the wider multi-agency planning workshops and the Whole Specialist CAMHS Pathway Commissioning pilot which TEWV are leading. The Workshops have identified 5 key areas of work which are to be taken forward through multi agency task & finish groups; Communication, workforce, Pooling resources, Family work and MDT approach.
Assessment of Progress (September 2019): (include explanation if required)	2 – On track
Evidence of Progress (January 2021):	<p>Building upon the previous update provided by CCG colleagues, it should be noted that there has been significant change in the commissioning landscape for specialist CAMHS since the recommendations of the committee were set out. The national development of NHS lead provider collaboratives has led to NHS Mental Health provider trusts, including TEWV, taking on the responsibility for budgets and care pathways for their adult population and the commissioning of specialised mental health services for children and young people. At a local level, this has resulted in the development of a multi-agency pilot project across Durham, Darlington and Tees to coproduce the children and young people's mental health system with children, young people and families. A vision has been developed in partnership with families and there is a sub-regional governance structure in place which has responsibility for driving this work forward.</p> <p> Vision for Children and Young People's N</p> <p>Given this significant change it is therefore proposed that the action against this recommendation is no longer achievable.</p>
Assessment of Progress (January 2021):	4-Not achieved

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(include explanation if required)	
Evidence of Impact (January 2021):	
Recommendation 8:	The development of a panel to plan for the transition of children and young people from CAMHS to Adult Mental Health Services be endorsed, and the People Select Committee receive an update from TEWV following initial roll-out.
Responsibility:	TEWV
Date:	December 2018
Agreed Action:	An update report to be requested from TEWV.
Agreed Success Measure:	Update is received by People Select Committee. Impact of transition planning panel is shared.
Evidence of Progress (September 2019):	TBC
Assessment of Progress (September 2019): (include explanation if required)	
Evidence of Progress (January 2021):	<p>Transitions from Children and Adolescent Mental Health Services (CAMHS) to Adult Mental Health or GP services can be a stressful period for a young person and their carers. Young people that have been accessing CAMHS services for some time may have some anxieties around moving on to the unknown. TEWV have developed and implemented a protocol which allows plenty of time for smooth transition to take place. This protocol involves a transition panel which includes a broad range of teams and is comprised of CAMHS and AMH staff (e.g. Access/Affective/EIP/Psychosis). The process has been in place for 18 months and is well established in Stockton. Panels are held on a monthly basis and have continued virtually during the COVID pandemic.</p> <p>To allow adequate planning and time for transfer between CAMHS and Adult Mental Health services, or co-working for more complex cases, transition is considered at the age of 17 years and three months of age approximately. For young people who come into CAMHS near to their 18th birthday, consideration is given for a joint initial assessment between CAMHS and AMHS.</p>
Assessment of Progress (January 2021): (include explanation if required)	1-Fully Achieved
Evidence of Impact (January 2021):	Increased number of young people supported in their transition from CAMHS to adult or GP services.

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Education

Recommendation 9:	Every local school and college be strongly encouraged to have a designated lead in mental health in advance of the government target of 2025.
Responsibility:	SBC Education Improvement Service
Date:	August 2019
Agreed Action:	Education Improvement Service to utilise existing communication routes (eg. School Safeguarding Forum, Education Matters and one to one contact) throughout the 2018/19 academic year to encourage schools and colleges to designate a lead for mental health.
Agreed Success Measure:	Designated leads for mental health confirmed by schools and colleges.
Evidence of Progress (September 2019):	<p>Secondary schools</p> <p>Further student surveys were undertaken in 2018 and review meetings have taken place over the last 3-4 months with secondary school mental health leads to focus on individual school needs. Schools have action plans in place and all of our secondary provision now have nominated leads for emotional/mental health and well-being. Further work is required to embed this (in terms of increasing both capacity and capability) in 2019/20.</p> <p>The above work will be further supplemented by the NHS England Trailblazer programme, as it is rolled out across Stockton-On-Tees. Note we have been approved as a NHS Trailblazer site for 2019/20 and we will be working with Billingham Schools on this exciting and innovative work to develop Mental Health Support Teams. (MHSTs).</p> <p style="text-align: right;">[cont]</p>

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	<p>MHSTs will develop models of early intervention with children on mild to moderate mental health and emotional wellbeing issues, such as anxiety, behavioural difficulties or friendship issues, as well as providing help to staff within a school and college setting. The teams will act as a link with local children and young people’s mental health services and will be supervised by NHS staff.</p> <p>Primary Schools</p> <p>2017/18 saw the development of a learning programme (similar to that piloted in secondary schools previously) to develop school champions/emotional health leads. 38 schools out of 60 took part and these schools have developed action plans in light of learning. Other primary schools have also showed some interest in this programme or have developed emotional health/mental health knowledge and skills from other external sources.</p> <p>To supplement the learning and to promote further sharing of knowledge, the Education Improvement Service will deliver secondary and primary Personal Development Networks on the theme of emotional/mental health & well-being. (see recommendation 11 below for further details).</p>
<p>Assessment of Progress(September 2019): (include explanation if required)</p>	<p>2- On track</p>
<p>Evidence of Progress (January 2021):</p>	<p>In the academic year 2019-20, the Education Improvement Service established Personal Development Networks which bring together mental health leads from primary and secondary schools to provide a forum for professional development, to update knowledge and expertise, and to share resources and examples of good practice. All schools including Local Authority maintained, academy, special and free schools are invited. Attendance has been strong and sustained despite the additional pressures placed upon schools by COVID with 25-30 mental health leads for primaries and 10 for secondaries attending regularly. Additional networks were held across the 2020 summer term to support the leads to plan for the return of the majority of children and young people to the school site and consider the impact that the lockdown period may have had on their emotional health and wellbeing. Engagement at these sessions was excellent.</p> <p>The Education Improvement Service is committed to building the membership of the networks and providing 1:1 support to mental health leads where needed, with the networks now established as key to professional development.</p>
<p>Assessment of Progress (January 2021): (include explanation if required)</p>	<p>1-Fully Achieved</p>
<p>Evidence of Impact (January 2021):</p>	<p>Schools have a designated mental health lead in place.</p>

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Recommendation 11:	Good practice on mental health promotion and support be shared across and between educational establishments, including the learning from the recent secondary school emotional health and wellbeing pilot programme.
Responsibility:	SBC Education Improvement Service
Date:	December 2018
Agreed Action:	<p>Overview of the secondary schools emotional health and wellbeing pilot programme and lessons learned to be shared at school safeguarding forum.</p> <p>Consideration to be given to mental health/emotional health and wellbeing becoming a standard agenda item on the school safeguarding forum agenda.</p>
Agreed Success Measure:	Good practice information shared across schools and colleges with mechanism to share ongoing learning identified.
Evidence of Progress (September 2019):	<p>The Education Improvement Service is to provide Personal Development Networks (PDN's) around emotional health and well-being for both primary and secondary schools for 2019/20. The first learning sessions are planned for 18 October 2018 and there will be 6 sessions for primary and 6 for secondary throughout the academic year.</p> <p>This will be aimed at the middle leadership tier who are responsible for the improvement of health & well-being within their schools. The aim is to enhance their self-awareness, knowledge, skills and behaviours so that they are best placed to influence the resilience and well-being of those children and families that they support.</p> <p>The focus for the practical based learning activity and improvement will be through the family hubs as this provides a focal point to bring together other core elements of service for physical and emotional health needs as well as wider family and carer support. Partnership working will be strengthened.</p> <p style="text-align: right;">[cont.]</p>
	<p>The Link Programme is a major national initiative, led by the Anna Freud National Centre and funded by the Department for Education that will be rolled out over four years starting from September 2019 to all schools and colleges in England. The programme has a simple aim: to bring together local education and mental health professionals so that more children and young people get the help and support they need, when they need it.</p> <p>Stockton-On-Tees has been successful in being an early adopter of this programme and we have invited all schools and colleges across Stockton on Tees to take part in this programme. Mental Health Leads from participating schools and colleges will attend two day-long workshops alongside Mental Health Professionals to facilitate joint working and share best practice.</p> <p>The first learning cohort (of 20 -25 schools) will commence on the 01 October 2019.</p>

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Assessment of Progress (September 2019): (include explanation if required)	2 – On track
Evidence of Progress (January 2021):	<p>As referenced in the progress update for Recommendation 9, Personal Development Networks are now established as a key mechanism for professional development and sharing best practice across educational establishments. The networks also act as a coordination point for national and regional mental health initiatives including:</p> <ol style="list-style-type: none"> 1. The Anna Freud Link programme – a national programme which brings together school mental health leads with clinicians and therapists from local mental health services to support the development of joint working relationships and to consider how to improve mental health services for children and young people. 2. Wellbeing for Education return – a national programme funded through Department for Education and Department for Health and Social Care which aims to provide training for school staff to understand the impact that the COVID pandemic and subsequent periods of lockdown may have had on children and young people. The training covers managing grief, loss and bereavement, supporting recovery from stress and trauma, and how to identify children and young people's needs. 3. QWELL – regional NHS funding has provided access to QWELL, an online mental health resource, for school staff during 2020 and 2021. This provides staff with access to online therapeutic support and self help resources. <p>The School Safeguarding Forum also has a recurring agenda item on mental health and emotional wellbeing.</p>
Assessment of Progress (January 2021): (include explanation if required)	1-Fully Achieved
Evidence of Impact (January 2021):	Personal Development Networks are now established as a mechanism for sharing good practice and coordinating the range of mental health programme and initiatives which schools are asked to participate within.

Assessment of Progress Gradings:	1 Fully Achieved	2 On-Track	3 Slipped	4 Not Achieved
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